Lifestyle Medicine and Fitness Center is staffing to allow for supervised exercise while ensuring a controlled environment for employees and members. The designated leads will be responsible for ensuring that the following COVID-19 Safety Plan is being adhered to.

Safety and Health Requirements

Social Distancing
- Maintain a minimum of 6-ft separation between all employees (and members) in all interactions at all times.
- When social distancing is not feasible, other prevention measures are required, such as use of barriers, minimize staff or members in narrow or enclosed areas, stagger breaks, and work shift starts.
- Signage to be placed at entrances and throughout the facility to instruct members of the social distancing requirements.
- Exercise Specialists will ensure that members are appropriately spaced at least 6ft apart when using fitness equipment.

Personal Protective Equipment (PPE)
- Employees and members are required to wear a face mask.
- Face masks are to be provided by VMC Lifestyle Medicine for employees and members.
- Facial covering exceptions include:
  - When working alone in an office.
  - If the individual is deaf or hard of hearing, or is communicating with someone who relies on language cues such as facial markers and expression and mouth movements as a part of communication.
  - If the individual has a medical condition or disability that makes wearing a facial covering inappropriate.

Hygiene
- Employees are required to wash their hands at the beginning of their shift and between one-on-one interactions with members.
  - If unable to wash hands between appointments, employees are required to use the foam hand sanitizer.
- Members are required to wash their hands before and after their workout or appointment and are encouraged to use the foam hand sanitizer throughout their workout or appointment.
Sanitation and Disinfection

- Tissues and garbage cans are to be available throughout the facility.
- Bathrooms are to be cleaned and disinfected nightly.
  - Door knobs, counters and other high touch areas are to be disinfected at least every 2 hours.
- Members are required to bring their own water bottles. Water fountains can only be used to fill a water bottle.
- Hand sanitizer must be available throughout the facility.
- Exercise Specialists will ensure that members are appropriately cleaning the exercise equipment after each use.
  - Exercise Specialists will disinfect all high touch areas of equipment at least every 2 hours.

Screening

Employees

- Screen for signs/symptoms of COVID-19 at start of shift.
  - Have you been in close contact with a confirmed case of COVID-19?
  - Are you experiencing a cough, shortness of breath, or sore throat?
  - Have you had a fever in the last 48 hours?
  - Have you had a loss of taste or smell?
  - Have you had vomiting or diarrhea in the last 24 hours?
- Employees are encouraged to take their temperature prior to coming in to work or have their temperature measured with a ‘no contact’ thermometer at work.
  - Any employee with a temperature of 100.4°F or higher is considered to have a fever and must be sent home.
- Sick employees are required to stay home or immediately go home if they feel or appear sick.
  - Any area the employee worked must be immediately disinfected.
- Per VMC Employee Health, please see the Fit for Duty COVID-19 Screening Criteria found at G:\FITNESS\Operations\VMC Policies.

Members

- Members diagnosed with COVID-19 (have not recovered or are still within the required 14-day quarantine), had symptoms of COVID-19 (within the last 24 hours), or had contact with a person that has or is suspected to have COVID-19 (within the last 14 days) will not be permitted
COVID-19 Safety Training

Safety Briefing
- Must be conducted at the beginning of each 1:1 session to reemphasize the protective measures for everyone to include maining social distancing, sanitation protocols, and pre-session screening.
  - Please use the [CDC How to Protect Yourself & Others](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevent.html) when educating employees and members.

Waiver of Consent
- Each client will sign a waiver of consent and commitment to the facility’s reopening policies prior to their scheduled appointment time.

Limited Use of Facility and Business Adaptations

Phase 2 authorized fitness operations include:
- 1:1 appointments with an Exercise Specialist
- 5:1 small group fitness sessions with an Exercise Specialist

Number of people in the facility, to include staff, Exercise Specialists, and members, will be limited to 30% of the facility’s building occupancy, as determined by the fire code.
- VMC LM Fitness Center maximum occupancy = 84
  - 30% capacity = 25
- Classes are scheduled via MyWellness
  - Maximum of 5 participants per hour class
  - Maximum of 1 pool participant per hour
  - Register up to 10 days in advance
  - Lifestyle 365 members get an additional 72hrs to advance schedule
  - At any given time, a member can have a maximum of 8 sessions in advance.
  - They will automatically be put on a wait list if someone cancels.
  - Must cancel more than 12 hours prior to the class.
    - If they cancel within 12 hours the member will not be allowed to book for the next 30 days.
  - We ask that members respect the policy to ensure a safe environment for employees and other members by only using the facility during their scheduled class time.

Registering for a scheduled class time
- Member must have an active MyWellness account
- Using the app, the member will select class schedule from the home screen.
- Select desired class time and date and complete booking of class.
- Registered members must check-in with their membercard at the front desk kiosk.
Access to the Facility
- The only entrance to the facility will be through the front door to ensure that members are being screened by an Admitting Registrar.
- All 24-hour access to the facility is be disabled.

Closed Areas
- Showers
- Sauna
- Group Fitness Studio

Reopening Policies for Members
All members are to check in at the front desk with the Admitting Registrar at their first scheduled appointment to sign a COVID-19 consent.
- Please do not arrive more than 5 minutes before your scheduled appointment.
- All members must check-in with the front desk. The Admitting Registrar will go through a quick verbal symptom checklist when you arrive for your appointment.
- Members are required to wash their hands before and after their workout or appointment and are encouraged to use the foam hand sanitizer throughout their workout or appointment.
- Only bring what you need to your appointment.
  - Water Bottle
  - Towel
  - Heart Rate Monitor
  - SmartKey
- Our locker rooms and showers will be closed until further notice.
- Appointment availability is restricted to allow for proper social distancing and will be consistent with state guidelines.
- Facial masks are required at all times, including while exercising.
  - Facial covering exceptions include:
    - When working alone in an office.
    - If the individual is deaf or hard of hearing, or is communicating with someone who relies on language cues such as facial markers and expression and mouth movements as a part of communication.
    - If the individual has a medical condition or disability that makes wearing a facial covering inappropriate.

Addendum

Sanitation Protocols & Cleaning Schedule
- See the protocol and schedule for cleaning and sanitation at our front desk.